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Second Edition

COMPILER'S PREFACE

THE object of this small book is to give a clear conception of the theory as well as the practice of spiritual life, to seekers both in the East and the West. The selections included in it are only representative of their type; they are by no means exhaustive. Most of them have been taken from the Upanishads and the Bhagavad Gita, but the chapters on Ethical Culture and Monistic Meditations contain passages from other sources as well.

The paramount need of ethical culture has been stressed by means of selections from different Sanskrit scriptures ; for true divine life always means 'ethics in the beginning, ethics in the middle, and ethics in the end '. Monistic meditations are not easily available to those who would like to have them for their constant use. In order to remove

this want, a fairly representative collection of those has been given here.

The quotations, arranged as they are under different heads, deal with the fundamental problems of spiritual life. Transcending the narrow bounds of creeds, religions and countries, they set forth in the language of the soul, the ways and means of spiritual evolution and unfoldment that are of universal application. Universally true as they are in spirit, may they prove helpful to many a sincere seeker after Truth !

The Introduction will, it is trusted, bring home to the intelligent reader, the necessity of taking a synthetic standpoint in the study of spiritual life.

The idea of this collection existed in the mind of the compiler even in India. But it could take shape only in the course of his Vedanta work, first at Wiesbaden in Germany, and later on, at St. Moritz in the charming valley of the Engadin lying in the heart of the Alps in Switzerland.

The compiler wishes to express his sincere thanks to all those from whom he has received help in some form or other, particularly to Mr. W. H. Koch and Mrs. M. Könz who typed the manuscripts with great care and devotion.